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the newham mag

Issue 269 // 1-15 March 2013



**Women
like us**

Meet Forest Gate
Women's Institute (p22)

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Every year on 9 March we mark International Women's Day. This global event is a celebration of achievements by women past, present and future.

Women feature prominently in this issue. From the group in Forest Gate who are bringing

the Women's Institute into the 21st century (p22) to Noemi Bandi, who has retained as a temp agent at London City Airport and seen her career take off (p16).

As well as these interesting features, we have competitions from Discover and The Lee Valley White Water Centre (p26) and details of this year's season of Spring Festivals (p18).

Clr Kay Scarsby
deputy executive member
for community affairs

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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IN BRIEF //

Award for regeneration video

A time-lapse video showcasing regeneration in Newham has won the prestigious Digital Excellence Award, from the Chartered Institute of Public Relations.

The Game On video, which was released before the 2012 Games, achieved more than 50,000 views in a fortnight and topped the Guardian viral chart.

Newham Council compiled the video from nine years of footage, which included the construction of Stratford International rail station, Westfield Stratford City and Queen Elizabeth Olympic Park. To see the video visit www.newham.gov.uk/timeline

Town Hall for hire

Newham Town Hall in Barking Road, East Ham, is taking bookings for weddings, parties, lunches and other meetings and gatherings.

Prices start at £22 per hour for smaller meeting rooms, from £1,050 per event for the main hall, and from £25 per hour for the Upper Room. Terms and conditions apply. Call on **020 3373 7751** for more information or email hal.jettings@newham.gov.uk

Changes to recycling

Residents are reminded that if they have an orange lid recycling bin, then their recycling will now be collected every two weeks.

Most residents who use orange bags to recycle will continue to receive weekly collections. Weekly collectors of rubbish remain weekly. For more information visit www.newham.gov.uk/recycling

>> Council Tax freeze is agreed



Residents will not be asked for a penny more in Council Tax for the fifth year running after the budget proposed by Mayor Sir Robin Wake was agreed by Newham Council.

The freeze in Council Tax means properties in Band D continue to pay £945.63 in 2013/14 to cover the Newham element of Council Tax – the same level since 2008/9. Newham continues to have the lowest Council Tax in Outer London.

Sir Robin said: "Other councils have already agreed to put up their Council Tax, but I want to help residents through this tough economic climate. We will continue to save money through greater efficiency and maximising income."

Included in the budget is money to continue free school meals, extend the Every Child a Musician programme to Year 7 pupils, and introduce a Life Changing Fund that is intended to help people who aspire to turn their ideas around.

Game's up for betting office bid

Newham has become the first council in the country to reject a betting office licence application in a bid to end clusters of gaming machines.

Members of the Licensing Sub-committee turned down an application by the Paddy Power betting chain to open new premises in Green Street, Upton Park.

The council concluded the "primary activity" of the betting shop would be from controversial B2 gaming machines, rather than traditional betting, and that the premises would add to the "cluster" of betting shops that already operate on the street.

Councillor Ian Corbett, chair of the committee, said: "We were not convinced that at least half of the gambling on the premises would have been traditional betting. We were also concerned at the high proportion of incidents of crime and disorder in Green Street, and that betting shops are a significant part of the problem."



News

Planning is a recipe for success

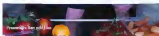
Newham Council's speedy approach to planning has helped bring a groundbreaking cookery show to the borough.

The application for a temporary TV studio to be built in the car park at Sainsbury's Supercentre in Beckton was dealt with in a matter of weeks – and the quick turnaround was a key factor in Newham being chosen.

The show *What's Cooking?* From the Sainsbury's Kitchen will run on weekdays for 13 weeks on Channel 4, hosted by stars Ben Shephard and Lisa Faulstich.

Sainsbury's made the planning application in November. The council put the plans out to public consultation and the temporary structure was approved at the end of January.

For free tickets to the TV show email, call or text your contact details to tickets@supercentres.co.uk or **07504 866 878**. Calls and texts will be charged at your standard network rate.



Delegates sample Newham hospitality

Delegates from more than 30 hotels and tourist attractions across London visited Newham to see what the borough has to offer and hear how they could create jobs for local residents.

Mayor Sir Robin Wales welcomed them to the London Tourism and Hospitality Legacy event held in The Crystal at the Royal Albert Dock. He said: "Hospitality businesses in Newham and across London are already playing a part in securing an employment legacy from the 2012 Games."

"Workplace, the council's job brokerage scheme, is an excellent resource for businesses to recruit top talent for free. This event was all about extending our links with hospitality and catering businesses, both within the borough and across London, and creating job opportunities for our residents."

The delegates saw the regeneration potential of the Royal Docklands and toured The Crystal, the landmark building for global technology company Siemens. For more information on finding work visit www.newhamworkplace.co.uk



Sir Robin greets the Delegates

Front garden waste is not fine



Almost 160 Fixed Penalty Notices have been served by Newham Council in the past 11 months to tackle unsightly waste in front gardens.

Councillor Umesh Desai, executive member for crime and anti-social behaviour, said: "Waste dumped in gardens is unsightly and there is no excuse for it. We're saying to the people who litter their gardens that this isn't acceptable and we won't stand for it. We will keep fining people until the message gets through."

The council offers a free service to remove up to six items of large or bulky household waste that will not fit into refuse containers. This does not include glass, planks of wood or rubble. Call 020 8430 2000 for further guidance or visit the website below if you are unsure about what can be collected.

For more information on bulky waste collections visit www.newham.gov.uk/bulkywaste

A million more reasons to continue the party

I was delighted to see so many people putting on their dancing shoes and getting along to Old Town Hall Stratford for our annual Valentine's Day tea dance. It was another great community occasion.

Several hundred residents celebrated in style, with the dancefloor a sea of red outfits. It was a very classy affair that any fan of Strictly Come Dancing would have enjoyed.

Our senior citizens got a chance to enjoy music from their era, take tea, meet old friends and make some new ones.

Community events and clubs are a vital way of keeping people connected and bringing our neighbourhoods to life. That's why we support residents who set up new groups and activities or provide opportunities for people to volunteer.

Such events and community groups were central to making 2012 the enormous success that it was. But it's now time to turn our attention to 2013.

Last summer was brilliant and that is why I want us to do it all



over again. I want everyone to have another year to remember and build on the great success of our Let's Get the Party Started programme, which saw more than 1,000 resident-led celebrations across the borough.

That is why I have put another another £1m to continue to offer opportunities for people to get together. We can all build on the successes last year and create some more. We'll soon

be telling you how you can do that, but I can't wait to get going again.

More than 200,000 people attended our free events last year and this year we will once again see the Newham London Run, the Mayor's Newham Show, Under the Stars, the Newham Waterfront Festival and Guy Fawkes' Night. I look forward to seeing you there again soon.



Mayor's view

Bobby Moore still head and shoulders above the rest

The Champions sculpture in Upton Park featuring footballer Bobby Moore has come to represent something greater than the only captain of England to lift the World Cup.

Remembering him at the ceremony to mark the twentieth anniversary of his passing, I reflected on how his sport has changed and how the values he represented are so badly needed today.

Football is now a global sport in which players can earn more in a year than Bobby and others of his era earned in their entire careers. They move from club to club and are treated like pop stars. Few are truly connected with their community like Bobby was.



He was discovered playing at Flinders Field in East Ham and spent the majority of his career with West Ham United. He was a gentleman who never quite received the accolades

that others seem to get today for doing so much less.

Bobby achieved a record that subsequent generations have never equalled.

The Champions sculpture, featuring Bobby on the shoulders of England team mates with the World Cup in his hand, is a pointed reminder to his sport and wider society. He is still above the rest.

It is also right that we do not forget how Bobby died and remember the health messages from that and the fundraising for cancer research that has been carried out in his name. Around £20m has been collected, which is a remarkable tribute to a great man.

For information about bowel cancer visit www.smcllc.org.uk/bowel

Stratford is the perfect stage

I want every young person in Newham to be able to enjoy going to the theatre, so why do people head for West End theatres when the best new productions are right here on our doorstep?

I ask this after going with our Young Mayor Rebekah Dika to take part in a panel discussion about Glasgow Girls now being staged at Theatre Royal Stratford East.

It brilliantly tells how seven young Glasgow women challenged the detention of one of their friends who was

an asylum seeker. The play is about the power of friendship and community and highlights the personal reality of politics.

I'm clear about the issue of asylum. It is about giving a safe haven to people in danger. It's a mark of a civilised country.

Equally, economic migration benefits the national economy, but it is the job of central and local government to ensure local people aren't left behind.

I'm proud that we live in a diverse community. We have the most inclusive education system in Europe. They are

achievements we have fought for and will continue to fight for but we have a long way to go. To see the podcast of the panel visit www.newham.gov.uk/glasgowgirls



with Sir Robin Wales



SPRING

FESTIVALS RETURN

Daylight hours are slowly increasing and what better way to welcome the new season than by celebrating with your neighbours at a Spring festival near you

Spring festivals are organised by your Active Community Team (ACT) volunteers who work with councillors and council officers to hold events and activities in your neighbourhood. Between now and May each of our nine community forum areas will host fantastic, free, events with something for everyone to enjoy.

The fun starts on Saturday 9 March when East Ham kicks off festivities from 12noon-4pm at Vicerage Primary School, Vicerage Road, E8. Whether you want to MOT your cycle or your body, come along and get involved. As well as the chance to meet your local councillors, here's what you can expect:

- live stage performances from some of Newham's finest talent
- activities including bird feeder making workshop, a bouncy castle, table tennis and belly dancing and sales taster sessions
- cupcake and cake decorating, card and jewellery making and money management workshops
- a craft market with handmade goods for sale
- employment advice and information on life-changing council services including fostering and adoption
- delicious food for sale and free taster samples
- relaxing massage therapies

To mark International Women's Day there will also be some special stage performances, horse art, female health awareness and a bead art exhibition at the East Ham spring festival.

Coming to a venue near you

Here's a list of spring festivals taking place near you:

BECKTON, Saturday 23 March, 12-5pm Kingsford Community School, Kingsford Way, E6

MANOR PARK, Saturday 20 April, 12noon-4pm, Kington Primary School, Kington Avenue, E12

CUSTOM HOUSE AND CANNING TOWN, Saturday 27 April, 12noon-4pm, St Luke's School, Taring Road, E16

GREEN STREET, Saturday 4 May, 12noon-4pm, Sandringham Primary School, Sandringham Road, E7

ROYAL DOCKS, Friday 10 May, 4-8pm, Britten Village Primary School, Westwood Road, E16

FOREST GATE, Saturday 11 May, 12noon-4pm, Forest Gate Youth Zone, Woodford Road, E7

PLAISTOW, Saturday 18 May, 12noon-4pm, Plaistow Primary School, Junction Road, E13

STRATFORD AND WEST HAM, Sunday 19 May, 12noon-4pm, Stratford Shopping Centre, Broadway, E15

To find out more about local events or becoming an ACT member visit www.newham.gov.uk/act

my carer
is there
for me

Fostering and Adoption



is this
my room?



If you are interested in fostering or adoption, come along to our **Fostering and Adoption Information Evening**.

This event will provide you with insight on how you can change a child's future through fostering or adoption

Date: Tuesday 12 March 2013

Time: 4-8pm

Venue: West Ham United
Football Club
Green Street,
London E13 9AZ
(Free parking available)

Freephone: 0800 0130 393

What
would
you say?



HELPING US TO HELP YOU

Yet again crime and anti-social behaviour are being brushed off the streets by the council's 48 hour blitz - Operation Ohio. When we get tough, we mean business and there is no hiding.



Newham's enforcement officers are sending a hearty thank you to all the residents who have been telling them about issues on their streets.

It is this kind of background information that helps us decide which neighbourhoods need to be visited by Operation Ohio and which properties need to get an early morning knock on the door.

Operation Ohio brings together the council and our key partners: the Metropolitan Police, British Transport Police, tenancy patrols, and Her Majesty's Revenue and Customs. The council also comes out in full force with enforcement officers, working side-by-side with trading standards, food safety and planning, the DVLA and the UK Border Agency: to tackle all the issues in a specific area for 48 hours.


It is a zero tolerance approach. Every infringement of the law, large or small is challenged and dealt with. No stone is left unturned.

Last month the team tackled Forest Gate. Using police and council intelligence, as well as information provided by residents, we were able to hit the wrong doors hard.

Anti-social behaviour (ASB)

- 
- > 10 warning letters were given to: rough sleepers, young people, street drinkers and street sex workers
 - > eight ASB contracts were issued to: rough sleepers, young people and lurch crawlers
 - > 78 stop and searches were conducted, with further action taken where appropriate
 - > one burglar was apprehended
 - > The UK Border Agency detained three individuals and investigated 13 others

Environment

- 
- > 352 residences were warned about waste in their front gardens and given advice on free waste removal. 22 received fixed penalty notices (FPNs) for not removing their waste
 - > 36 fly tips were investigated and removed
 - > 32 FPNs were issued for littering and other offences
 - > 14 residences were warned about overgrown hedges causing an obstruction to pedestrians
 - > 1820kg of rubbish was removed

Businesses

- > 26 premises were visited
- > 10kg of tobacco was seized for non-duty payment and no health warnings
- > 31 bottles of alcohol and 67 cans of beer were seized
- > four food premises are being called for interview about unsafe meat storage

Planning enforcement

- > 79 properties visited and surveyed and one planning breaches now being investigated

Vehicles

- > 2,550 vehicles were scanned for insurance, road tax evasion and other offences
- > 25 vehicles were clamped
- > 35 disabled parking badges were checked and five badges seized

Helping the vulnerable

Operation Ohio is also about solving problems. Residents don't want to live in an area with rough sleepers and prostitutes on their streets, but these are often vulnerable people who need help.

During the Operation Ohio eight rough sleepers were offered support by Thames Reach – a homeless agency working with the council. The Open Door programme, also funded by Newham Council to help sex workers get off the streets, engaged with 17 women. One was a girl, just 18 years. Another the victim of domestic violence who had been hospitalised by her boyfriend, has been removed from the area, re-housed and referred to specialist services for victims of domestic violence.

In the future, the council is widening Operation Ohio. Councillor Umesh Desai, executive member for crime and anti-social behaviour, said: "The next phase will be even tougher on those who break the law. We are using every means at our disposal to make an impact on our streets and we are committed to this for the long term."



Newham

What bugs you about where you live? It's quick and easy to report problems in your neighbourhood. Get in contact through our online reporting service, My Newham. You can even make reports using your mobile phone. Visit www.newham.gov.uk/reportit

Brotherly love

When Scott Reece's mum, Jean, died suddenly two years ago Scott's family found themselves in turmoil. Coming to grips with the loss of their mum was difficult enough but looking after Scott would prove to be an even bigger challenge for her remaining family, until Newham Council stepped in.

Thirty-year-old Scott lives in Stratford with his brother Jamie and sister Sophie. He has profound and multiple learning disabilities (PMLD) and is entirely dependent on his family to do things that most of us take for granted. Scott can't see very well, has epilepsy and cannot speak to tell his family how he is feeling.

Since leaving school aged 18, Scott was looked after by his mum. As his main carer, she did everything for him. Jamie said: "My mum was the kind of person that didn't want help, she thought she could do everything. When anyone asked how Scott's needs could be met she said she didn't want anything. The older generation have a different way of looking at things. They carry on suffering regardless. They don't think people are there to help them or they don't want any help."

"A Newham Council social worker came round and that's what got the ball rolling. From then on everything came together"

As a family, the Reeces managed as best they could, but Scott spent a lot of time in bed watching television. Jamie explained: "We never had a hoist. My sister and my mum used to lift him manually. Scott had a wheelchair but it was one with massive wheels other side, which was no use to him, and it used to give him bad backache."

"When mum died I took over Scott's care and I thought there is no way we can carry on the way we had been. A

Newham Council social worker came round and that's what got the ball rolling from then on everything came together"

Following a review of his needs by the adult social care team, Scott was eligible for a personal budget to spend on care, to make life easier for him and his family. He now has a hoist, which means he can get in and out of bed more easily, and a specially made wheelchair. Scott also attends the day service in Mariner Road, E12, which gives him and his family time to themselves. Community day services manager Denise Holmes said: "We've been supporting Scott by introducing different things like swimming and other activities to stimulate his touch, smell and listening."

"Scott participates in music lessons, his favourite is the drum bar as he seems to like the sound of it. By introducing these activities we've seen that Scott is

more able to express his likes and dislikes."

It's the small things that can often make the biggest difference. Jamie said: "The wheelchair and the hoist have made life a lot easier. He's a lot calmer now than what he was although he does have his moments, like we all do, but he's more willing to go places."

Being a carer is not a 9 to 5 job and Scott needs 24/7 care. The one day a week Jamie gets to himself he spends catching up with tasks like shopping. He said: "On a typical day, I wake up at 4.30am and Scott's up. I get him washed, get him some breakfast, get him out of bed and into his chair. Every day is different. Some days he is so agitated he gets very upset. He can't communicate so he can't tell me if he's in pain or what he wants."

"My support mechanism is my sister. I'd be lost without her."

Get the help you need

If you look after someone with profound and multiple learning disabilities (PMLD) come along to an information and coffee morning to find out how we can support you to care for your loved one

You can also learn:

- > ways to help someone with PMLD communicate
- > how to support the health needs of the person you care for
- > about support and services in Newham for carers and family carers

The event is also a chance to meet other people with PMLD and their families and carers. **Come along to 1 Mariner Road, Mariner Park, E12, on Wednesday 20 March, between 11am and 2pm.**

To find out more email Frances.Pett@newham.gov.uk or call 020 3373 7163.





Volunteer Christine, John, Carol, John and Brenda with the Quilt of Nations

Grand design sends East End Hamlets to the House of Lords

The East End Hamlets, a textiles group set up to help disabled residents discover their hidden creativity and lead more independent lives, is celebrating after winning a national art award.

The Elderly Accommodation Council has awarded the group, who are based at the Grassroots Centre, in Memorial Park, E15, the group art award for their Quilt of Nations. The Hamlets will be honoured at a special ceremony at the House of Lords and awarded a prize of £250.

Created in the run-up to the London 2012 Games, the quilt represents countries the group are familiar with through their community networks and neighbours.

The East End Hamlets, originally an 11-strong group of mixed abilities and ages, formed following a drop-in workshop at Stratford Town Hall. Supported by experienced artist Maria Teresa Fernandes, the group decided that they wanted to create a piece of work that

celebrated the London 2012 Games.

The two-year project has seen participants develop more than their textiles and embroidery skills. Maria said: "The changes I have seen have been amazing. The group now has the confidence to make their own decisions and they are more likely to speak up and contribute.

"In the early days they were a lot more dependent on support from others. Before they may have been chaperoned to classes but now they can now travel on the bus by themselves."

Get involved

The East End Hamlets is open to adults with access to a self-directed support budget. Classes are held every Wednesday and Friday from 11am-3pm at the Grassroots Centre, Memorial Park, Memorial Avenue, E15. New members are welcome to attend a taster

session. For more information email maria.theresa.fernandes@yahoo.co.uk or call 020 7473 5249.

Carol Helwell, East Ham

"The group has given me a lot of confidence. We never used to speak up but now we do. Everyone is really friendly and there are no arguments; everyone gets on well."

John Bull, Stratford

"I am the liaison officer for the group. I like the group. It has helped me a lot and I have made loads of friends here. My bit on the quilt is the Houses of Parliament."

Brenda Cohen, Beckton

"Everyone is very kind and friendly. We all worked together on the quilt and it was a fun project."



How East London NHS Foundation Trust community services are helping people to stay active

The Musculoskeletal Therapy Service run by East London NHS Foundation Trust combines hands-on therapy and exercise to people who experience back, neck and joint pain.

Mukesh Mahta was referred for musculoskeletal therapy for severe pain in the left side of his neck and back. Despite taking pain relief medication regularly he was unable to stand for longer than 30 minutes before he needed to sit down or move.

Running, swimming and walking did not help and the problems impacted on Mukesh's family life and limited him on family outings.

Mukesh said: "When I was first referred to the clinic in Stratford, the physiotherapist took time to understand the issues faced by me. He worked on my lower back and applied lumbar traction in treatment

sessions. He also gave me tips about exercises that would help.

"I am 80-90 per cent better and I don't get the same pain. I am now able to do the activities I couldn't do otherwise. I really appreciate this service and my physiotherapist."

A team of physiotherapists and occupational therapists provide assessment, diagnosis and help manage a broad range of musculoskeletal issues (joint, muscle and nerve problems). The service offers individual assessment and personalised treatment or group treatment sessions, where appropriate. Physiotherapist Abdul Patel said: "We

suggest gentle exercise or stretching and provide information sheets to enable individuals to learn how to manage their own condition. We also review posture or look at diet and nutrition all of which can affect movement."

Dr Zubair Zia, GP and chair of the clinical commissioning group said: "Living with a painful and restricted movement can affect everyday life impacting on mood and mental wellbeing. This is an example of how a local community intervention can be the cornerstone in the effective management of bone and joint pain."

If you feel that you need to be referred to this service speak to your GP.



LAND YOUR DREAM JOB

With talk of a triple-dip recession and many people struggling to find work, Newham residents are bucking the trend thanks to support from the council's job brokerage scheme, Workplace.

The Take Off into Work scheme has just helped its 300th local resident into work. The unique partnership between Newham Workplace, London City Airport and ELBA (East London Business Alliance) helps the long-term unemployed back into work.

The scheme includes careers workshops, CV guidance and interview preparation as well as work placement opportunities across a number of the airport's departments and companies. Last year an astounding 88 per cent of people who went through this scheme found work.

As well as being the UK's leading business airport, London City Airport is a

big employer of local people. There are 51 businesses on site and it employs more than 2,000 people, many from east London.

One of the hundreds of people that the programme has helped is East Ham resident Noemi Bandi. Prior to signing up for the Take Off into Work Scheme she had been unemployed for six months. She said: "The training started with two weeks in the classroom, doing workshops and that kind of thing. After that we went out to the ramp for two weeks shadowing and experiencing how to do the work."

Noemi thoroughly enjoyed the experience. She said: "I'm a ramp agent now. That involves marshalling

airplanes, loading airplanes, off-loading airplanes, and driving the little baggage carts with the bags."

"It's very exciting work and it is interesting because it involves airplanes. I have very good friends here. I like what I am doing. I feel confident here. City Airport is a very good place to work. I come here with happiness every morning."

She also likes that she doesn't have to sit in an office and that she is outdoors, saying: "Sometimes it is hard because it is cold, but in summer time it is very nice to be outside."

Noemi does not hesitate to recommend Take Off into Work. She says it has



transformed her life: "I have a job. I have money. I can pay my bills. I can live my life. I don't have to worry. It's a very big difference and I am happy that I am working here."

It is also a job with prospects. Currently Noemi works a split shift in the morning and evening, but she would like to work full time and in the long term she says that she might like to become a team leader.

For more information about
Take Off into Work email
enquiries.majhu@newham.gov.uk
or call 020 8430 4331.

Looking for work?

Workplace is a one-stop-shop where Newham residents can get advice about employment, training or starting their own business. It's also where employers go where they want to recruit quality staff.

If you are looking for work go along to Workplace's Careers Fair at Newham College, High Street South, East Ham E6 on Thursday 21 March, 12-5pm. A wide range of employers will be there, from health sector to construction and everything between. There will also be advice about careers and information on education, training and apprenticeships.

For more information drop into one of Workplace's offices at Stratford, Canning Town or East Ham, call **020 8430 4331** or visit www.newhamworkplace.co.uk

The winners of each
heat will perform
at the Mayor's
Newham Show
in July 2013

Newham London

TIME TO SHINE 2013

Do you like to perform? Do you have a talent that you want to
showcase to the rest of the borough? Are you aged 25 and under?

We'll get your talent out of the shadows and audition for Time to Shine 2013!

Open audition 2013 dates:

East Ham Harley Centre, E8 1LB	Friday 1 March 6.30-8.30pm
Beckton Beckton Globe Youth Zone, E6 5JQ	Friday 15 March 6.30-8.30pm
Manor Park Little Bford Youth Zone, E12 6JH	Friday 5 April 6.30-8.30pm
Forest Gate Forest Gate Youth zone, E7 0DH	Thursday 11 April 6.30-8.30pm
Custom House & Canning Town Shipman Youth Centre, E16 3JH	Friday 19 April 6.30-8.30pm
Green Street Priory Park Centre, E13 9DQ	Thursday 25 April 6.30-8.30pm
Royal Docks Britannia Village, E16 1TU	Thursday 2 May 6.30-8.30pm
Stratford Chandos East Community Centre, E15 1TT	Friday 3 May 6.30-8.30pm
Plaistow The Mix (Priory Park Partnership), E13	Thursday 9 May 6.30-8.30pm

Please visit www.newham.gov.uk/timetoshine for entry rules and regulations.



A WATCHFUL EYE ON OUR ESTATES

Residents have made it clear that feeling safe on the streets and estates around their homes is a priority.

We want to change people's behaviour so that an irresponsible minority don't spoil it for the rest of us. All of us should take pride in where we live.

One way of doing that is to expand our CCTV network. We are currently reviewing security on our housing estates and in council owned blocks of flats to make sure the services we offer are effective and deliver value for money.

In the first instance we will be writing to council tenants and leaseholders in high rise blocks who have a concierge and/or CCTV service. We want your opinions on the service we currently provide and proposals for a centralised security service via CCTV, which we believe offers the highest level of security in the most efficient and cost effective way.

The past year has seen an increase in the number of CCTV cameras on estates, enabling us to monitor and target known hotspots and tackle incidents more quickly and efficiently.

We also have 90 mobile cameras and two CCTV vans, which can be deployed rapidly to different locations in order to address residents' concerns.

The new arrangements, if approved, would include:

- 24/7 centrally monitored CCTV cameras
- emergency call points to the central security control room in every council-owned high rise block
- increased emergency security
- an expanded cleaning service
- savings for most residents

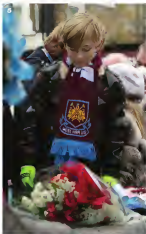
Comments or feedback on these proposals for centralised security on some of our estates are welcome from any tenant or leaseholder.

For more information and to share your views complete the survey at www.newham.gov.uk/housingsecurity, or email security.review@newham.gov.uk. If the proposals are approved they will be a blueprint for security and CCTV services on our estates.

To report crime or anti-social behaviour call 020 5430 2000.



Newham in pictures



1 Using La Vida Loca at the Valentine's Tea Dance at Old Town Hall, Stratford 2 A bird's-eye-view at the Go Wild half term event at Plaistead Park, E12 3 Feed all about it: An Every Child's Reader volunteer supports pupils at Shiffesbury Primary School, E7 4 Guruma Taekwondo of Manor Park celebrates after sweeping the board at the Universal Taekwondo Federation's 17th London International Open Championship 5 Moore memories: Bobby Moore, England captain and West Ham United's most inspirational player, is remembered at the Champions Statue on Barking Road, E13, on the 20th anniversary of his death

Girl power

If you thought the Women's Institute (WI) was oil jam and Jerusalem think again. The Forest Gate WI is changing more than the stereotypes of an organisation that's almost 100 years old; it's changing the area too. Founding member and Forest Gate WI secretary Alicia Francis tells all.

The WI was set up in Britain in 1915 to encourage rural women to help produce food during the First World War. Empowering women is still at the heart of this national treasure, which opened its first Newham branch in 2011.

Alicia is the first to admit that Forest Gate is not traditional WI territory. The idea came about at a meal in Green Street. Alicia explained: "There are lots of women here that are involved in various different aspects of the community and are doing great things. Everyone agreed that it would be a fantastic thing to set up a WI in Newham so I got in touch with the Essex Federation. They came and met us and told us what we needed to

do." At their first meeting, the Forest Gate WI found 120 women queuing around the corner, and the rest is WI history.

Why did you want a WI in Newham?

I'm quite community orientated. I like belonging to stuff and I like seeing change. There is so much potential to improve the area and the sense of community. I think the WI can be a mechanism for doing that.

What do your meetings involve?

We have talks from different people, from beekeepers to stuntwomen. Since our beekeeping talk we've set up a beekeeping project in Manor Park Cemetery. The WIs are a bit like a chain

reaction. Lots of things have happened directly or indirectly as a result of it. We always have an activity, like jewellery making or a craft activity, so there's something for people to physically do and there's something to hear and learn from. And there's always half an hour of social time where we have tea and cosies.

What's been your biggest achievement so far?

Woodgrange Market is an offshoot of the WI. The president, Laura, and I were talking about ways to generate some income to support our work and we thought market, there isn't one, so why don't we set one up?





There were four benches at the top of Sebert Road, E7, that were only ever used by street drinkers. We thought we can reclaim that space for the community by setting up a market and raising some money for the WI. We spoke to councillors and within a couple of months we were trading.

Does the WI have a role in the 21st century?

Yes, maybe even more so. The networks and support mechanism that the WI can provide are important. One of our challenges is to try and engage those who might not have traditionally joined the WI.

Nothing's been decided yet, but we're thinking about running advice sessions for people. Things like providing support to women that have just had a baby and may be isolated and at home, or perhaps doing some work in schools working around young girls' sense of empowerment and self-esteem. Those are the things that I think are really needed and a group of forceful, feisty women can do that. It's a different approach to what's provided in rural communities where the WI started, but it's an urban response. From a small base you can do anything.

Get involved with the WI

The Forest Gate WI is open to all women in Newham and meets every first Tuesday of the month at Durning Hall, Earthen Grove, E7, from 7.15-9pm. Membership is £35 per year but you can come along to your first meeting for free. Find out more by visiting <http://forestgatewi.wordpress.com>

On 5 March from 6.15pm, the WI are inviting men and women to Stratford Pictorialhouse, Selway Road, E15, for a Women and Water event to mark International Women's Day. A speaker from Water Aid will open the event which includes a free screening of *The Source* (15).

>> NEWHAM

YOUTH

ZONES

It's all about **YOU** & what **YOU** want to do!

11-19 years?

Interested in:

- sports
- dance
- filming
- cookery
- gardening
- fitness gym
- homework support
- music technology
- drama
- someone to talk to
- ICT
- singing
- arts and crafts
- members committee
- making friends
- training and employment advice
- and much more

Whatever you're into there's something for everyone at your local youth zone.
For more information visit: www.newham.gov.uk/youthzones

If you make a mess in our streets don't think that you can walk away and forget about it. Our enforcement officers and CCTV cameras are out there. We will not hesitate to publish the pictures of those that litter, trade illegally, graffiti and commit anti-social behaviour.

Please help us identify the people pictured here and send the message that no form of anti-social behaviour is tolerated in Newham

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- > You will not be required to provide your name
- > You will not be required to leave your contact details
- > You will not have to make a statement.



Ref: F7066



Ref: F6808



Ref: F7542



Ref: F7578



Ref: F7982



Ref: F7923



Ref: F8677



Ref: F8681



Ref: F8690



Ref: F8243

Please call 020 3373 4479 and quote the reference number by the picture.

**CAUGHT ON
CAMERA**

POLICE COUNCIL ACTION

Newham is one of the country's fastest growing boroughs. Keeping crime down and residents safe is a challenge but, with your help, one we can tackle together.

In the past three months five people pictured in the Mag have either handed themselves in to police or, thanks to your information, have been arrested for suspected crimes ranging from assault to burglary. If you recognise anyone from our gallery below let us know who they are and we'll do the rest. And if you're pictured here, do the right thing. Hand yourself in before the police catch up with you – it's only a matter of time.

Call the police number 101, or Crimestoppers anonymously on 0600 555 111 if you can help, quoting the reference next to the relevant picture.



Ref:
115164 &
115165
shoplifting



Ref:
115145
theft



Ref:
115062
burglary



Ref:
(1-r) 115179,
115180 & 115181
theft



Ref:
114767
fraud



Ref:
114853 &
114854
theft



Ref:
115226
burglary



Ref:
114369
affray



Newham London

Newham council will MOT your vehicle £40 for Newham residents

Contact us on 020 8472 0343
or email mot@newham.gov.uk

Appointments only

Class 4 vehicles only (cars)

Central Depot, Jenkins Lane, Barking Essex IG11 0AD

Do you want to apply for Indefinite Stay
or British Passport? We can help you
to pass the test.

- ESOL Citizenship Course
- Life in the UK Test Training
- Speaking & Listening Only
- Certificate & Citizenship letters accepted by the Home Office
- No Books, No Computer
- First Time & Week end Courses
- We train you until you pass
- Relaxed & Comfortable environment

Call us now! Tel: 0208 279 0725
201 High Road, Leytonstone, London E15 4AA



the newham mag
To advertise here call Julie Modell
on 07890 529 090 or email
julie.modell@newham.gov.uk

Newham London

Whether you're celebrating a special occasion,
organising a meeting or running a class, the
Community Resource Centre is an ideal venue to hire.

- Main hall seating for up to 150 people
- Smaller rooms also available
- Fully accessible space for people with disabilities
- Large garden for BBQ's, marquees and bouncy castles
- Catering available

Available Monday, Friday and Sunday - 9.00am - 5.00pm
Tuesday, Wednesday and Thursday - 8.00am to 9.00pm
Saturday - 9.00am - 11.00pm

The Community Resource Centre
200 Chargeable Lane
London E13 8DW

For more information contact email gillotter@newham.gov.uk
or call Gill Otter on 020 3373 8055/ 07776162578



Got something to
shout about? Email your
ideas to newham.mag
@newham.gov.uk

YOUR SPACE

where young people take control

BUSINESS MINDED

A group of ambitious individuals are on their way to making their fortune. Cozina Pelliss, Joshua Joseph, Emmanuel Akpan, Maryalek Thomas, Eamon Gervais and Chuka Chigaram have launched a clothing line called Chucky Chucks and are on the road to success.

"We met while studying at St. Angela's and St. Bonaventura's Sixth Form in Forest Gate and have been friends ever since.

"Joshua came up with the idea to start a business. The more we talked about it the more achievable it seemed.

"We launched our company in July 2012. Josh's parents gave us a loan to set up the business.

"We wanted to create a brand that appealed to children and promoted education so we went with superheroes. A friend of us helped with the design which was inspired by the big kid in all of us.

"My advice would be to never give up and persevere with your ideas. If you have a strong team and support each other then dreams can come true."

"Our clothing line is something we do on the side. A few of us have day jobs and some of us are at university. Meeting up can be difficult, but when we do we all get out our laptops and bash out loads of ideas. It can be hard for everyone to agree to a plan but that's all part of working as a team - and we're good at compromising.

"Our company has only been around a short while but we're already seeing people in the borough wearing our clothes, which is great.

"Our business has taught us that anything is possible if you put your mind to it. In five years time, I'd like to think that we'd have a company car, a mobile phone app and hopefully start up an interactive website for children.

"My advice would be to never give up and persevere with your ideas. If you have a strong team and support each other then dreams can come true."



Are you aged over 18? Want to start your own business? Newham Council's job brokerage scheme, Workplace, could help you. East London Small Business Centre, funded by Workplace, delivers free business advice to Newham residents. To find out more visit www.eastlondonbusinesscentre.org.uk or call 020 7377 0921 and quote Newham Mag.

OUR NEWHAM

Win tickets to Lee Valley

If you're looking for a white knuckle thrill enter our competition for the chance to win one of two pairs of tickets to Lee Valley Regional Park Authority's exhilarating white water rafting experience.

Lee Valley White Water Centre hosted the London 2012 Olympic Canoe Slalom event, where Team GB made history and victoriously took home both gold and silver medals in the canoe slalom double C2 class.

Entrants must be aged over 14. You will need to bring swimwear and a towel – everything else is provided. No experience is needed.

To be in with a chance of winning a pair of tickets, visit leevalley.org.uk/newhamcompetition and answer this question:

In what class did Team GB win gold and silver medals in the 2012 Games?

Postal entries can be sent to Newham Competition, Marketing Department, Lee Valley Regional Park Authority, Myddleton House, Bulls Cross, Enfield, Middlesex, EN2 0F-GL. Competition closes Friday 22 March. Tickets start from cost £40 per person. To buy gift vouchers and for more information, call **06456 770 606** or visit govhewwater.co.uk.



Win tickets to Discover

Discover Children's Story Centre in Shoreditch is celebrating its 10th annual Festival of Children's Literature – The Big Write. They have two family day passes (two adults and two children), usually priced at £24 per family, up for grabs for their event on Sunday 10 March.

The fun-day festival to mark World Book Day starts on 7 March with fun-filled activities and workshops supported by an incredible line up of the UK's best-selling children's authors, artists and storytellers, including the creator of Redwall, Michael De Souza, and award-winning illustrator Jim Field.

To be in with the chance of winning, answer the following question:

When is World Book Day?

Email your answer with your name, address and contact number to newham.rug@newham.gov.uk or send it to Newham Map, West Wing 4th Floor, Newham Dockside, 1000 Dockside Road, E16 2QU. You must be able to attend on 10 March. Children must be aged over five. Competition closes on 8 March.

To find out more about all the activities taking place at Discover visit www.discover.org.uk or call **020 8536 6666** or drop in to 385-387 High Street, E16.



A healthy attitude for teenagers

More than 140 students from Cumberland, Forest Gate, Kingfold and Laker secondary schools joined Newham College students at their campus in East Ham for a I-love-a-Go job skills session.

Health specialists from Classroom Medicine and education consultants Venture Thinking delivered the sessions funded by Newham Council to give young people hands-on experience of what it's like to be a paramedic. Students practised resuscitation skills on a dummy using the latest medical equipment.

Year 10 Cumberland School pupil, Afife HM, said: "I think this class offers a great opportunity to see how the body operates. I found it interesting because I want to go into the paramedic profession."



Change your life for free

If you're disabled, aged between 16 and 24 and unemployed, sign up to a free 14-week programme and turn your life around.

Scope runs a programme called First Impressions, which offers Newham residents free one-to-one support from mentors to help build your confidence and secure work experience placements.

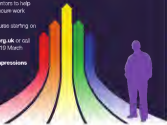
To sign up for the next course starting on Monday 20 March, email

firstimpressions@scope.org.uk or call

07607 799 600. Deadline is 10 March.

For more information visit

www.scope.org.uk/firstimpressions



Green Street get together

If you live in the Green Street community (Green Street area) you can come along to a community meeting on Thursday 14 March and find out what events taking place near you.

Residents, community groups, tenants associations, school staff and volunteers are invited to come along to

find out about the Green Street Community Group and how you can help to meet your local councillors.

Come along on Thursday 14 March, 6-8pm, Katherine Road Community Centre, 254 Katherine Road, E7.

To book a space or for more information email Zainab.Shahid@newham.gov.uk or call 020 3373 9022.



Residents at a community meeting

Community grants

Community groups working with young people between the ages of 11 to 24 can apply for a grant of up to £25,000.

The National Express Foundation is giving grants from £2,500 to £25,000 to community groups in the borough that live within five miles of the M25 road line.

The grants will enable the successful groups to run projects which encourage community cohesion. You will have to demonstrate what your organisation would deliver using the funds.

For more information or to apply for a community grant, email foundation@nationalexpress.com. Deadline for applications is Thursday 26 March.

Free martial arts taster

Learn skills and uncover the traditions of Ninj-Nam with a free taster session.

Ninj-Nam is an ancient martial art originating from Vietnam. It explores a range of training methods combining physical readiness, acrobatics, body conditioning, self defence techniques and health and fitness exercises.

Sessions are open to all ages and have been adapted to suit the needs of individuals. Instructors work to teach discipline, develop coordination and build flexibility and stamina.

Ninj-Nam martial arts usually cost £5 per session (half price for a second family member) but you can enjoy your first session for free.

Mention the Mag to try a free taster session on Tuesday or Thursday from 6-7pm at Youth and Community Centre, 1A Cumberland Road, E13.

For more information visit www.ninj-nam.co.uk call 07586 585 295, or email info@ninj-nam.co.uk



Kids' Corner



PERSONAL SEND YOUR DRAWING,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mmg@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
can't return any entries.

GALLERY



Thirushan Selvaranthan, 7



Zafarab Maricar



Arijas Vyssinasakas, 7



Ashel, 6

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 29U**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see who's on



Colour-me-in Crossword!



Across

1. Shop-owner who sells meat (7)
5. Reykjavik is the capital city of this European country (7)
6. Rooms in a house where meals are cooked (7)
8. And 7 Down. There is a huge column celebrating this actor in Trafalgar Square (7, 4)
10. Ninth month of the Muslim year (7)
11. 100 years (7)

Down

1. Person whose job is to build walls (10)
2. Exciting event, like a day out or a special meal (8)
3. Cat's name. ...or a purple plant that grows on moorland (7)
4. Scarlet (3)
7. See 8 Across
9. Young child (6)
11. Cutting tool (8)
12. Mixture of gases we breathe (3)

Poem

Friendship

Friendship is an orange,
Sometimes sweet,
And sometimes sour.
Friendship is where you're
the cream,
To my ice,
The day to my light,

And the star to my burst,
Friendship is what money
can't buy,
And one cannot afford,
To lose,
Friendship is when you cry,
I cry,
When you're happy I'm
happy.

When you need a shoulder
to lean on,
I'll be there,
And last but not least,
You're the best to my
friend.

Farida Lunat, 9

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

1 - 15 MARCH

OUR THRILLING THREE...

1

The Source - Free film night for International Women's Day. Tues 5 Mar, 6.15pm-9.10pm, Stratford Picture House, Railway Road, E15. Visit www.picturehouses.co.uk/stratford

2

Free first aid course - Two-day course for carers run by Thames Ambulance Service, Wed 6 and 13 Mar, 9.30am-2.30pm, Stratford Advice Arcade, 107-109 The Grove, E15. Call 020 8519 0811 to book.

3

Us Girls Rock - Free day of exercise classes sport and pampering for females. Sat 9 Mar, 12.30-5.30pm, Newham Leisure Centre (near sports hall), Prince Regent Lane, E15

MENTION THE MAG...

Award-winning theatre company **Ten Arts** are taking over the stage at Stratford Circus with a brand new comedy **Kanjoo - The Miser**

In money mad modern Mumbai **Ten Arts** legend 'mishra choos' - a man obsessed with hoarding his wealth. **Newham residents can get discounted tickets, £9 slashed from £12, to the evening shows on Thursday 7 and Friday 8 March.**

To buy tickets visit the box office at Stratford Circus, Theatre Square, E15, or online with proof of address. Tickets allocated on a first come, first served basis. For more information visit www.stratford-circus.com or call 0644 3572525



TRY SOMETHING NEW... FREE MMA TRAINING

If you are aged between 14 and 35 you can learn self defence and get fit for free with Mixed Martial Arts (MMA) classes in North Woolwich

The classes are instructed by professional MMA fighter Stephen O'Keeffe at Fight for Peace London Academy and are open to residents of all levels and abilities

MMA is a contact combat sport, which uses a mixture of striking and wrestling disciplines. It teaches skills and techniques for self defence and builds strength and confidence

Come along to a free session at Fight for Peace Academy, Woodman Street, North Woolwich, E16 every Wednesday and Friday from 5pm.

For more information visit www.fightforpeace.net or call 020 7474 0064



Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night

Entertainment every Mon, 8pm, Theatre Royal Stratford East, Gerry Raffles Square, E15. Visit www.stratfordeast.com/ comedy night

Mini Musical Makers

Free music and story building sessions for 2-5 years
Wed afternoons: Discover Story Centre, 383-387 High Street, E15. Call 020 8536 5555
Mon mornings: The Hertley Centre, 267 Barkings Road, E8. Call 020 7540 6523

Free entry to Discover Children's Story Centre when you attend.

Free music therapy sessions for 2-5 years
Thurs, 3-4pm at Shrewsbury

Children's Centre, Shrewsbury Road, E12. Call 020 3373 6060
Fri, 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence Children's Centre, Lawrie Avenue, E12. Booking is essential. Call 020 3373 7227.

COMMUNITY LEARNING

Do it Online

Basic computer sessions for all. All sessions take place at local libraries. You must book in advance

Tues, 10am-12noon, Beckton Road, 2-4pm, Plaistow Wed, 2-4pm, Stratford Thurs, 10am-12noon Canning Town and Manor Park Fri, 2-4pm, East Ham

Knit & Natter

Craft group for adults, at local libraries
Fri, 10am-12noon, Canning Town

Basic Literacy and Numeracy (19+)
 Until 25 March: Mon-Thurs,
 10am-5pm, Fri, 10am-1pm,
 Jack Cornwell Community
 Centre, Jack Cornwell Street
 E12. Call 07943 867 612/
 07507 173 272

UNDER FIVES LIBRARY ACTIVITIES

Open to under fives with their
 parents/carers. All sessions
 take place at local libraries

Toy Library

Tues and Thurs
 10am-12noon, East Ham

Imaginative Play

Fri, 11am-12noon, East Ham

Storytelling

Mon, 11am-12noon,
 Plaistow, Canning Town
 and Beckton Globe
 Tues, 11am-12noon
 Custom House
 Tues and Fri, 11am-12noon,
 Stratford
 Wed, 2-3pm, East Ham
 Thurs, 2-3pm, North Woolwich
 Fri, 11am-12noon
 Green Street and Manor Park

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at
 local libraries

Homework Club

For young people aged 7 to 14
 School term only
 Mon, 4-6pm, Stratford and
 East Ham
 Mon, 3.30-5.30pm,
 North Woolwich
 Weds, 3.30-5.30pm, Green
 Street and Manor Park

Thurs, 4-6pm, Custom House
 and Plaistow
 Fri, 3.30-5.30pm, Beckton
 and Canning Town

ADULT LIBRARY ACTIVITIES

All sessions take place at
 local libraries

Adult Reading Groups

Thurs 7 Mar, 6.45-7.45pm
 Plaistow
 Mon 11 Mar, 6.30-7.30pm,
 Stratford

Over-50s Club

Thurs, 10am-12noon,
 Beckton Globe

EXTRA ACTIVITIES

Royal Dock Learning & Activity Centre

Two Bingo 10am-12noon
 Healthy Cooking Group,
 10am-12noon

Weds, Mother and Toddler
 group, free, 9.30-11am
 Coffee Morning, free,
 10.30-11am

Learn to Earn - Employment
 Support Drop-in, free,
 10am-2pm
 Sewing Classes, 10am-
 12noon

Thurs, Dr Chs, £2
 10.30am-12noon

Sessions take place at Royal
 Dock Learning and Activity
 Centre, Albert Road, North
 Woolwich, E18
 Call 020 7476 1885

LGBT Community Group

For over-50s. Snacks and
 refreshments provided
 Every third Tues of each month,
 4.0pm, Community Resource
 Centre, 200 Chargeable Lane
 E13. Call 020 7238 8055

Dirty Hands Project

Grow your own fruit and veg
 Open to all. First Sat of each
 month, 10am-2pm, Waltons
 Green, (opposite Plaistow
 Station) E13. Visit
www.dirtyhandsproject.org.uk or
dirtyhandsproject@gmail.com
 or call 07951 674 210

Table Top Sale

Sell your goods and keep your
 profits. £5 a table - open to all.
 Last Sat of every month, 9am-
 2pm, Jack Cornwell Community
 Centre, Jack Cornwell Street,
 E12. Call 020 8553 3459
 1st Sat of every month,
 10am-4pm, Community
 Resource Centre, 200
 Chargeable Lane, E13
 Call 020 3373 2211

BASKETBALL

Youngbloods Basketball

All sessions cost £1
 U12s: mixed
 Sat, 1-3pm, East Ham Leisure
 Centre, E8

U13/14s: boys
 Mon, 6-8pm, St Angela's
 School, E7

Tues, 5.30-7.30pm Newham
 Leisure Centre, E13

U14s: girls
 Mon, 4.30-6pm, St Angela's
 School, E7

Tues, 5.30-7.30pm Newham
 Leisure Centre, E13

U15/16s: boys
 Tues, 6-8pm, East Ham Leisure
 Centre, E8
 Fri, 6-8pm,
 St Angela's School, E7

U17/18s: boys
 Tues, 6.45pm, East Ham
 Leisure Centre, E8

Thurs, 7-9pm, St Bonaventure's
 School, E7

Fri, 6-8pm
 St Angela's School, E7
 Call 0208 357 657

Newham All Star Sports Academy (NASSA)

All sessions take place at UEL
 Docklands Campus, University
 Way, E16. Sessions are £1
 unless indicated otherwise.
 Visit www.nassasports.org.uk
 or call 020 7238 8055
 Wed, 4.20-5pm, U13-14
 6-8pm, U16-18
 9-10pm, Senior Men
 Thurs, 4.20-6pm U13-14
 6-8pm, U16-18
 9-10pm, Senior Women, £2
 Fri, 4.20-6pm U13-14
 6-8pm, U16-18

Royal
 Dock
 Learning
 Centre

8-10pm, Senior Men/Women, £2
 Sat, 10.20am-12.20pm, junior
 boys and girls, 8-14, £2
 Call 07703 503 986
 or 07712 126 301

National League

Mon, 6-8pm, U13/14s,
 Rokley School,
 Barking Road, E16
 Tues, 6-8pm U13/14s
 Rokley School,
 Barking Road, E16
 Thurs, 4.30-6pm,
 U13/14s boys, U14s girls,
 Newham Leisure Centre,
 Prince Regent Lane, E13
 6-8pm, U17s,
 Newham Leisure Centre,
 Prince Regent Lane, E13
 6-8pm, U18s, Cumberland
 School, Oban Close, E13

Gifted and Talented

Fri, 4.15-5.30pm
 Cumberland School,
 Oban Close, E13

Basketball Sessions

Sat, 10am-12noon
 Newham Leisure Centre,
 Prince Regent Lane, E13

Senior Men/Women Programme

Mon, 7.30-9.30pm
 Division 2 Women and Division
 3/4 Men, Rokley School,
 Canning Town, E16
 Call 07947 407 619

Jv3 Basketball League

Thurs, 6-7pm, 8-19s, Forest
 Gate Youth Centre, Woodford
 Road, E7
 Fri, 7-8pm, 6-19s, Little World
 Youth Zone, Factory Road, E12

Jv3 Basketball Competition

2nd Sat of the month, 10am-
 1pm, U12s/U14s/U16s, Little





Ilford Youth Club, Rectory Road, E12

Basketball & Multi Sports
Fri 5-5.30pm & 10a. Stratford MUGA, Snowhill Road E12

FOOTBALL

Mayer's Football League
U10s: U12s, Mon 4.30-5pm and U16s, U18s, 6-7pm
Newham Leisure Centre, Prince Regent Lane, E13

5-a-side Tournaments
(First Sat of the month)
U12s/U14s/U16s, Sat, 10am-1pm
Plashet Park, Plashet Grove E7

WHU Kicks
Mon, U14s, 4.5-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s, 5-6pm
Forest Gate Youth Centre E7
Tues, U14s, 4.5-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s, 5-6pm
Phony Park MUGA, E9
Wed, 11-15s, 5-6pm
Phony Park MUGA, E9
Thurs 11-15s, 4-7pm
Phony Park MUGA, E9
Fri, U14s, 4.5-5.30pm
Sat 11+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E8
11-15s, 5-6pm
Forest Gate Youth Centre, E7

London Youth Games
Mon 4.30-5pm, U14, Newham Leisure Centre, Prince Regent Lane, E13

Football & Multi Sports
Mon 5.30-7pm & 10a, Weds, 5-7pm, 8-10a,

Stratford Park MUGA, West Ham Lane, E15

5-a-side Football
Competition

Weds 5-5.30pm 8-10a. Forde Park, Forde Park Road E16
Thurs 5.30-7pm, 8-10a. Royal Wilton Gardens, Rier Road, E8
1st Sat of the month 10am-1pm, U12s/U14s/U16s, Plashet Park, Plashet Grove E8

Football & Multi-Sports
Sat, 2-3.30pm, 8-10a, Winsor Park Estate, Winsor School MUGA, East Ham Memorial Way, E8

All Football (16+)
Tue 7-10pm and Fri 10am-12noon, 16+ Memorial Park Memorial Avenue E15
Fri, 3-5pm, Beckton Powerleague, E8
Web www.allfootball.co.uk

Ascension Football Academy

All seasons, L3
School years reception to 11
10-11.30am
King George V Park, King George Avenue E16. Call 07898 684 925

BOXING AND SELF DEFENCE

Boxing
West Ham ABC - community boxing, 11-15s
Olympic style amateur boxing sessions - Hathaway Community Centre
Hathaway Crescent, E12
Wed, 7pm, Call 020 8430 2000
West Ham Boys ABC 9+ boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 55-61 High Street, E13. Call 020 8472 3514
Pewcock ABC 8+
Mon, Wed, 6-6pm
boys and girls
Cauldon Street North, E16
Call 020 7511 3760
Newham Boys ABC
6+ boys only
Mon, Wed, Fri 6-7.45pm
Old Bath House, 141 Church Street, E15. Call 020 8519 5883

Fight For Peace 11+, boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0264

Punch Out (16+)
Boxing fitness workout
Thurs 8-9pm Beckton Community Centre, Manor Way E8
Fri, 5-6pm, Katherine Road Community Centre, 254 Katherine Road, E7. Email getactive@newham.gov.uk

Shoulin Karate
Sessions for beginners.
Newham Shoulin Karate Club
Weds, joining term time only
4.30-5.30pm. Fri, 6-7pm and 7-8pm. Sun, 10-11am, Newham Leisure Centre Prince Regent Lane, E13. Call 07508 070 638
Docklands Shoulin Karate Club
Mon, 6.20-8.20pm UEL Sports Dock, Docklands Campus, E16. Call 07517 136 837

Tang Soo Do
Korean Martial Arts for 5+ to adults. £5 per session - family discount available
Sat, 1-2.30pm (arrive at least 15 minutes before start) The Hub, 123 Star Lane, E16
Tue 7.30-8.30pm. Docklands, Memorial Park Memorial Avenue E15
Call 07725 948 426 or email joe_ross@btinternet.com

Hip Hop and PUNCH (18+)
Mon, 5.30-8.30pm, Katherine Road Community Centre, 254 Katherine Road, E7.
Call 020 8548 2625

Exercise Bootcamp
Class (16+)

Wed, 6-7pm. 90 Day Fatbuster Programme
Tue and Fri 6-6.45pm
Britannia Village Hall, 65 Evelyn Road, E16. Children 7+ welcome with parent
Email info@salutaryphysio.co.uk or call 07904 625 402

HEALTH AND FITNESS

BMX

£122 members/£10 annual membership
Sun 10am-12noon, 5-16
Coastal Playing Fields, St Albans Avenue, E8
Call 07951 332 615/
020 3373 9000 or email paul.tatling@btconnect.com

Indoor Rounders (16+)

£50 per session
Mon, 8-7pm, SportsDock, University of East London, Docklands Campus, University Way, E7E.
Call 020 3373 9000 or email paul.tatling@btconnect.com

Indoor Cricket

Weds, 8-9pm, 8-10a
Lester Community School, St Mary's Road, E13. Call 020 3373 9000 or email paul.tatling@btconnect.com

East End Road Runners

Catched sessions for all abilities
Tues and Thurs, 7pm
Sun, 8am: meet on the track, Newham Leisure Centre, Prince Regent Lane E13
Call 07979 261 647

Run England sessions

All sessions are £2 indicated otherwise
Sun 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon, 4.5-5.30pm, Newham Leisure Centre, E13 (meet on the track)
5.45-6.45pm, Newham Docklands, E16 (meet at reception)
Tues 6-7pm, Newham Leisure Centre E13 (meet on the track)



Wed 12noon-1pm Newham
Goatshead, E16 (meet at reception)
 Thurs: free 5.15-6.15pm, L&L
Docklands Campus, E16
 (meet at reception)
 Sat, 10-11.30am, East Ham
Central Park, E8 (meet at the café)
 10-11.30am, Wanstead Flats,
E12 (meet at Harrow Road
 Changing Pavilion)
 10-11.30am, Memorial Park,
E15, D4 (meet at car park)
 Call 07718 3394 874

Cricket

Wed 6-8pm U19s L&L
Community School, St Mary's
Road, E13 Call 020 3373 9054

Newham Swords (4+)

Tues, 8.30-9pm
 Thurs, 6.30-8pm
 Fri, 7.30-10pm
 The Hub in the grounds of
 Newham Leisure Centre, Prince
 Regent Lane, E13
 Call 07956 618 898

Newham Striders

Free sociable walking group,
 seven days a week
 Call 020 8430 2000

Men's Health Football

Fitness Sessions
 Sat, 10-11am, West Ham United
 Community Training Facility, 62a
 Albion Close, E8
 Call 020 7473 7724

Family Fit Club

Sat, 11am-12noon, West Ham
 United Community Training
 Facility, 62a Albion Close,
 E8 Call 020 7473 7724

Zumba classes

Thurs 7.30-8.30pm, St Nicholas
 Church Hall, Gladstone Road, E72
 £5 per class, Call 07720 805 505

Saturday

For fathers/guardians/uncles
 and children aged 6-16
 Sat, 12noon-3pm,
 Chandos Hall Hub, 90
 Chandos Road, E15
 Call 020 8231 2137

Family fitness classes

E4-E6 for adults, E1 for
 children/teens

Outdoor classes

Adult only Boot Camp
 Tues, 9.30-10.30am
Family Boot camp (children
 must be 7+) Tues, 5-6pm
Teens only Boot Camp (13-18)
 Weds, 5-6pm
Family Boot Camp
 Sat, 11.30am-12.30pm
Greenrocks Memorial Park, E15
 To register for outdoor classes
 call 07904 625 402 or email
 info@625physique.co.uk

Indoor classes

Funny Kids Skipter (7+ jump
 rope based exercise and
 games) Thurs, 5-6pm
Adults Skipter Circuits, Thurs,
 6.15-7.15pm
 The Hub, 123 Star Lane, E16
 Call 07904 625 402 or visit
 www.625physique.co.uk

Newham Young Britons

A.S.C

Learn to swim and/or improve
 your strokes
 Children's session, (E2) 5-16
 Sat, 6.15-7pm
 Newham Leisure Centre
 Prince Regent Lane, E13
 Call 07956 304 518

Yoga Classes

£5.50 for full time workers or
 £3.50/£4 for students and those
 in receipt of benefits
 Tues, 6.10-7.10pm and
 Fri, 10.30-11.30am,
 The Hub, 123 Star Lane, E16
 Wed, 6.30-7.30pm
 The Unitarian Church, West Ham
 Lane, E15
 Call 07956 808 007 or visit
 www.yocoma.co.uk

Woodside

Redemption Club

Intermediate and club standards
 players welcome. Fri 8.9.30pm,
 £5 waived/£3 unwaged
 Carpenters Docklands Centre
 98 Gibbons Road, E15 Call
 07958 761 676/07958 180 240

Table Tennis

For beginners and intermediate
 adult players Thurs, 6.30-9pm
 Stratford School, Upton Lane,
 E15 (Dons Road entrance)

For more info call
 07976 577 716 or
 07828 886 031 or email
 gmg@ham1040@hotmail.com

Qi Gong

Suitable for adults of all abilities
 £5 per session
 Thurs, 8pm at the Docklands
 Community Boat moored near
 ExCel. Meet at the gates to
 Millennium Mill Mill Road, E16
 Call 07930 610 275 or email
 jee@bighaven.nl@btinternet.com

UnityZumba

Classes for £5 each adults,
 children £3 (4+)
 Mon and Wed 8-9pm,
 Hartley Centre, 267 Barkling
 Road, E8
 Tues, 7.45-8.45pm and Thurs,
 8.15-9.15pm St Mark's
 Community Centre, 218
 Tolpelt Road, E9
 Fri, 7.30-8.30pm, African
 Caribbean Centre, 627-633
 Barkling Road, E13
 Sun, 8.30-7.30pm,
 The Wall Centre, 49 Vauxage
 Lane, E8 Call 07885 884 573

Beginners' Ballroom

1/2 50 per session
 Mon 10am-12noon St Paul's
 Church Centre, Burger Road
 E8 Call 07761 269 483

Twisted Pink

Open to 7-21s
 Street Dance sessions: Fri,
 6-7pm, E3
 Zumba classes (from 30 Nov)
 Fri, 7.15-8.15pm ES including
 children St Luke's Church, 89
 Telling Road, E16
 Call 07534 513 307, visit
 www.twistedpink.org.uk or email
 twistedpink2009@aol.com

Zumba with Annabel (17+)

£5 a session, Mon 7-8pm,
 Vauxage Lane Community
 Centre, Gower Close, E15
 Weds, 7.30-8.30pm, Bickton
 Community Centre, East Ham
 Manor Way, E8 Call 07900 898 685

Redemption at

Little Hford School

For all standards £4 for a court



and bring a racket
 Thurs 7-9pm Bowring
 Road, E12. Email
 morgan.ph@btinternet.com or call
 07944 117 253

FEMALE SPORTS

Pilates Classes (12+)

Zumba £5 Tues, 8-9pm
 and Body Conditioning
 £3, 9-10.30pm, The Hub
 123 Star Lane, E16 Email
 bollywoodlucy@gmail.com or
 call 07930 455 823

Dance2Dance

Street dance classes for girls,
 12-16s, Fri, 3.30-5.30pm
 Newham Leisure Centre,
 Prince Regent Lane, E13
 Call 020 3373 9000

Girls Spinning Sessions

11-16 Mon and Wed
 4-4.30pm Newham Leisure
 Centre, Prince Regent Lane,
 E13 Call 020 7511 4477

Female Only Gym Sessions

11-16s, Tues and Thurs,
 3.30-5pm 16-25s, Weds,
 1.30-3pm Newham Leisure
 Centre, Prince Regent Lane, E13
 Call 020 3373 9000

Female Boxfit Classes (16+)

Mon 4.15-5.15pm, Bickton
 Leisure Centre, Bickton Street
 E13 Call 07970 789 526

Girls Football

Tues, 3.30-5.30pm, 11-16s,
 Newham Leisure Centre,
 Prince Regent Lane, E13

Women United AFC (11+)

Mon (term time only) 6-7.15pm
 Kingsford School, E8 £1 per
 session Call 07792 932 979

Get Back into Netball

CPA Netball Club sessions
 Tues, juniors, 6-7.30pm,

seniors, 7.30-9pm £2 per session. Lutter Community School, St Mary's Road, E13
Call 07717 281 529

Body Blast (16+)

£5 per session
Mon 7-8pm Wed 12-13
1.30pm and Thurs 6-7pm
Talent Central, Unit 27/a, 3
Armada Way, Galsbons Reach
Shopping Park, E6
Call 07896 612 610

Abx Blast

Seasons cost £3
Thurs 5.30-6.15pm, 11-16s,
Newham Leisure Centre,
Prince Regent Lane, E13

Just Play (16+)

Multi-sport session
Wed 8.30-9pm Newham
Sixth Form College, Prince
Regent Lane E13 Call 020
3373 9000

Female Multi-Sports

Cardio, Tennis, Handball,
Rounders, Football and more
Fri 4.15-5.15pm, Little Bird
Youth Zone, Rectory Road, E12
Call 020 8556 5873 or email
Femish@khanbloop.org

Shella's Mummy Mummy buggy (16+)

£5 per session
Mon, 10-11.30am
East Ham Central Park, E6
(meet outside cafe in the park)
Fri, 10-11.30am, Plashet Park,
Plashet Green, E6
Call 07068 614 968 or email
sploshet@bt.com

Janice's Fitness (16+)

Soca and Zumba fitness
sessions £5 per session
Tues, 9.30-10.30pm St
George and St Ethelbert
Church Hall, Bedford Road, E6
(Email info@kanite.co.uk or
call 07815 000 643)

Bellywood Dance Class

For ages 13-18 Wed,
6-7.30pm Katherine Road
Community Centre, 254
Katherine Road, E7
Call 020 8548 9825

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Flying Wheels club for young
wheelchair users 6-22 Wed
and Fri evenings, 6-8pm
Ridley School, Barkley Road
E16 Call 07888 085 259
U16s, Fri, 4.30-6.30pm
Newham Leisure Centre, E13
Disabled Multi-Sports Tues,
10.30am-12noon, Newham
Leisure Centre, E13
Call 020 7511 4477
Fri, 4.30-6pm, Newick, Prince
Regent Lane, E13
Call 07811 071 082

Wheelchair Basketball

11-19 Wed, 4-5pm
Ridley School, Barkley Road
E16 Call 07847 401 618

Family Swims for Disabled

Children and Adults
Newham Otters Swimming Club
Sat, Newham Leisure Centre
E13 4.30-5.30pm For more
details call 07501 788 730
Family Swims, Sun, 12.30-2pm,
Babylon Leisure Centre, E13,
E5 Call 020 7476 5274

Trampoline Sessions

U16s Fri 5-7pm and Sat,
12noon-3pm Newham Leisure
Centre, E13 Call 020 7511 4477

Mixed Swimming Sessions

for Adults and Children
Wed, 10am-12noon, East Ham
Leisure Centre, E6 £1.15 per
session Call 020 8548 5850

Swim for Families dealing with Autism

Wed 4-5pm Galsbons Leisure
Centre, E13 Call 020 7476 5274

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre, Tues, 1.30-3.30pm and
Fri, 10am-12noon To book an
induction call on 020 7511 4477

BT Football Club

Third Sun of every month
10am-12noon East Ham
Leisure Centre, E6

Soft play and
exercise to music
Sat, 2-3pm, Newham Leisure
Centre, E13 Call 020 7511 4477

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barkley
Road, E6, unless specified.

Tues 5 Mar

10am Licensing (2003 Act)
Sub-committee, Council
Chamber
3pm, Newham Partnership –
Employment and Enterprise
Partnership Action Board,
Committee Room 1
7pm, Health and Social Care
Scrutiny Commission, The
Education Centre, Newham
University Hospital, Glen
Road, E13
7pm, Regeneration and
Employment Scrutiny
Commission, Committee
Room 2

Wed 6 Mar

6.30pm, Investment and
Accounts Committee
Committee Room 2

Thurs 7 Mar

10am, Mayoral Proceedings,
Council Chamber

Tues 12 Mar

10am Licensing (2003 Act)
Sub-committee, Committee
Room 1

7pm Children and Young
People Scrutiny Commission,
Committee Room 1

Wed 13 Mar

7pm Audit Board, Committee
Room 1

Thurs 14 Mar

10am, Licensing (2003 Act)
Sub-committee, Council
Chamber

Visit www.newham.gov.uk/committee for updates

CONTACT THE MAYOR

Walk-in surgeries

Thurs 7 Mar
11am, Stratford Local
Service Centre, 112-116

The Grove, E15
Mon 11 Mar
9.30am, The Place, 2
Silverdown Way, London E16

Telephone surgeries

Wed 13 Mar
You can telephone 020 8430
2000 between 9.30am and
10.30am and register your
query and contact details. The
Mayor will then ring you back
at a later time.

LIBRARY CONTACTS

Beckton Globe

1 Kingsford Way, E6

Canning Town

Barking Road, E16

Custom House/Prince Regent
Lane, E16

East Ham

High Street South, E6

Green Street

337-341 Green Street

The Gate 4-20 Woodgrange
Road, Forest Gate, E7

Manor Park

Romford Road, E12

North Woolwich

5 Pier Parade, E16

Plaistow North Street, E13

Stratford 5 The Grove, E15

Archives and Local Studies
(limited postal and email service
only) call 020 3373 6881
email: archives@localstudies@newham.gov.uk

Community Outreach

Services To find out more call
020 3373 0815

.....
Hundreds of services

– one website. Visit
www.newham.gov.uk

Call Newham Council on
020 8430 2000

Follow us on Twitter
@NewhamLondon

Find us on Facebook
www.facebook.com/NewhamCouncil

NO SMOKING DAY

Wednesday 13th March



Quit smoking and what would
you swap your fags for?

a holiday, cinema tickets,
pay off some bills, new clothes

For advice and support on how to quit, pop into your local Newham pharmacy or
speak to your GP. You can also visit one of our Community drop-in services.

For more information call 020 3373 6630 or 0800 013 1673



www.elc.nhs.uk



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Newham Shared Lives Scheme



The Shared Lives Scheme gives adults with support needs, who live in Newham, the opportunity to live with families or individuals in their own homes.

The scheme exists to support vulnerable people with long-term, short breaks and emergency placements

Newham Shared Lives Scheme supports people with a range of different support needs, including

- people with mental health needs
- people with a learning and/or physical disability
- older people with dementia

Carers use their own home to look after those that need care, either on a long or short term basis

For more information

If you are interested in becoming a Shared Lives Carer, or know someone who would benefit from being placed with a carer please contact:

telephone: 020 3373 0496/1287

email: sharedlives.scheme@newham.gov.uk

web: www.newham.gov.uk/sharedlives